## Abstract of the Disclosure

A self-regulated system and method for cooling switching power supplies that take parasitic effects of switching which would normally be dissipated as heat in a typical RC snubber circuit, and use that waste energy to power a cooling element to automatically cool semiconductor switches of the power supplies and any DC or AC systems. The cooling element can be a variable speed fan, a liquid pump, a Peltier device, or the like, in which case the system and method provide power to the cooling element in proportion to the amount of current delivered to the power supply, and so the cooling system automatically adjusts itself to the level needed to protect the power supply.